

POLEDANCER

Beginners Guide Edition 06/07

TIPS &
TRICKS!

GO WINDSURFING
TODAY!

BUYING YOUR
FIRST BOARD
FIND OUT ALL YOU NEED TO KNOW!

WELCOME TO WINDSURFING

Half Surfing, half Sailing. Windsurfing is a truly unique sport with the advantages of surfing and sailing all in one. Windsurfing is a surfing ride that lasts for the whole session, not just a few seconds. Windsurfing is a sailing experience without the need for a boat or crew.

Windsurfing is a sport that caters for all age groups. From 8 to 80 windsurfing can be the sport for the entire family. The kids will happily spend the day messing about on a summer afternoon. Teenagers can blast at speed and test their skills in freestyle moves. Mum and Dad can cruise with the kids. The adventurous can test their skill in the surf. Windsurfing is even within reach for the elderly.

This guide will give you all the information you need to get started and get out there.



DIFFERENT STROKES

THERE IS A STYLE TO SUIT YOU.



FREERIDER

Freeriding is what most people who take up windsurfing do. It is simply blazing about on the water either alone or with a group of other windsurfers. There are no timetables, no rules and no pressure to perform. With the correct gear freeriding is within the reach of anyone from 8 year olds to 88 year olds. Freeriding is windsurfing at its purest. Simply enjoying nature and the day.



RACING

Racing on windsurfers can take many forms from the traditional One Design Course racing and Formula racing around a triangular course to super fast slalom events and Supercross. Supercross is the newbie that combines the skills of a slalom racer with the tricks of a freestyler to produce very exciting events. Racing is usually organized by windsurfing clubs but your local yacht club will usually have a fleet you can compete in.

FREESTYLE

Modern freestyle is the newest and potentially the most radical form of windsurfing. Freestyle is using a windsurfer to perform skate board style tricks on the water. Spinning, twisting and pushing the boundaries of their gear and imaginations to perform amazing stunts on flat water and usually within metres of the shore.



WAVESAILING

Any windsurfer with surfing in their background will love wavesailing. Wavesailing is the art of riding and jumping waves with a windsurfer. Wavesailing is only limited by the ability and bravado of the sailor. Even windsurfers with intermediate skills can get out there and enjoy a wave in small surf. For those with well honed skills, the sky is literally the limit.



WINDSURFING ESSENTIALS



RIGGING YOUR BOARD

IN LESS THAN 2 MINUTES

1



Insert the mast into mast sleeve in sail.

2



Insert mast extension into mast and downhaul sail.

3



Connect the boom to the mast in cut out section of sail.

4



Thread outhaul and apply tension.

5



Connect the rig to the board. Attach the fin and you are right to go.

THE BASICS

Instead of having an experienced windsurfer show you how we have our model Courtney. This is actually her first windsurfing lesson. We got the images we needed and Courtney could windsurf inside 10 minutes at her first lesson.

2



As the sail releases from the water it will become lighter. Take your time while maintaining an even pressure to pull the rig upright. Keep balanced foot pressure so the board points where you want to go.

1



Courtney's first go. Although the stance is classic learner a little more upright pull on the uphaul will save your back. Balance the board in the direction you want to go by applying pressure to your front or back foot as required.

3



The sail is clear of the water. Believe it or not, you are one third the way to being able to windsurf. Take your time at this stage and get a feel for the balance. The next step is a simple turn.

4



At this stage if you lean the sail toward the back of the board. You can turn the board through the eye of the wind and back to the opposite direction using foot pressure. Practice this before you sail away from the shore. The ability to turn around is crucial for your safety.

6



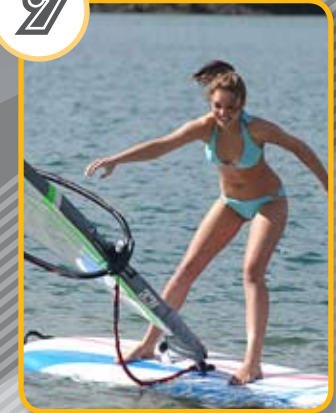
Identify your front hand and reach across your other arm to grip the front of the boom.

5



Now you are safely facing the shore, prepare to set sail. Your front hand will be the one that holds the rig upright while your back hand will control the power.

7



At some time in your first lesson you are going to take a swim. It is common when you first experience power in the sail. Enjoy your dip.

"I THOUGHT IT WOULD BE HEAPS HARDER"

8



Once again, pull the sail from the water and cross your front hand to hold the boom. Your front hand holds the sail upright

9



While keeping the board pointing in the direction you want to go, bring the rig across in front of your body while attaching your backhand (the one that controls power) to the boom.

10



Pull on some power and you are away. Now all you have to do is practice.

Courtney enjoyed her first attempt at windsurfing. She had a great time and has booked more lessons.

WINDSURFING HAS CHANGED

Learning is now easier than ever

Like everything in the last 20 years, technology has advanced the windsurfing industry while the basic principals remain the same. The boards and sails available for beginners today give the stability and ease of use required in the early stages of windsurfing. Wide boards, light sails and kids rigs dominate the schools. Beginners now have the opportunity to progress past the “wiggly wobbly” stage in record time. In fact with the new “Wide Style” beginner boards the wiggly wobbly stage barely exists at all. The stability of today’s boards allows learners to focus on techniques such as uphauling and sail handling on a very stable platform. Sails from this millennium are lighter and have more predictable and balanced power.

Gear has been developed especially for women and children in mind. Windsurfing is now a sport that can be enjoyed by the whole family. From 8 to 88 years of age.





Where can I buy a Windsurfer?

A windsurfing shop is by far the best place to go shopping for a windsurfer.

Most shops are usually staffed by experienced windsurfers who have ability at all levels of windsurfing. They can offer real advice and a choice of equipment matched to suit your location and requirements. Sometimes it can seem expensive. However the right advice and the right purchase can guarantee extra hours of enjoyment on gear that suits your requirements.

Windsurfing is a relatively inexpensive sport compared to other similar pursuits. Jet skis, sailing boats and powerboats are all similar sports but way more expensive than windsurfing, and you never need to fill the tank of your windsurfer. New windsurfing gear can be a very economical choice for those who wish to hit the water.

Windsurfing shops will sometimes have good second hand gear at a fraction of the cost of new. This secondhand

gear will also come with great advice from someone who has a real interest in your return business. Be sure to buy gear that suits your needs. Not the needs of the seller. This is the advantage of shopping with a reputable dealer.

If you are lucky, you may have a friend who is an experienced windsurfer. You can keep your eye on the second hand pages and find one of those garage sale specials. Use the knowledge of your buddy to get the correct gear. A lot of the windsurfing boards available will not suit a learner.

Your local windsurfing shop can also help with tips on local sailing locations and advice on windsurfing events and clubs in your area.

GETTING A PROFESSIONAL LESSON

The shortcut to proficiency.

One thing that should not be underestimated is the power of a professional lesson. When you are learning to ski or drive, a professional lesson increases the speed of your learning curve. A professional windsurfing lesson is also money well spent. Instead of spending weeks at the frustrating wiggle and "How do I steer this thing?" stage. You will be windsurfing confidently, usually in the first hour. The schools will also have gear more suited to the beginner than any of your friends. Today's wide learner boards give the stability and confidence needed to advance quickly.

Ask at your local windsurfing shop for the name of a good instructor. They will recommend someone with the experience to have you Windsurfing in no time at all.



TRAVEL. FRIENDS. COMPETE. ENJOY.

Joining a Club

Some people who take up windsurfing may be interested in joining a club with other windsurfers. Some of the advantages of this include the chance to sail in different locations while competing either seriously or socially with others. Great friendships have been forged over a beer after a hard fought heat. One of the other advantages includes third party insurance cover for members. For more association information check out www.windsurfing.org and go to the state page for your state.

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THE END. "OR IS IT THE BEGINNING"

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